



# Riverside College

Corner Cellars & Carmine Drive Burgundy Estate  
Ph nr: 021 802 2001/3 074 779 1352

12 April 2019

Dear Parents,

This week our learners got advice from a tree, which may sound strange but is quite meaningful. Our learners were encouraged to stand tall and proud; go out on a limb; remember their roots; drink plenty of water; be content with their natural beauty and enjoy the view. We want all learners to be proud of their achievement and aim even higher this term. We want our learners to love who they are, know that they are special and appreciate what they have.



## **NEWS FROM THE GRADE 1 CLASS**

The Grade 1 class performed so well during their term one assessments and I'm sure their parents are so proud of them. This term the Grade 1s are learning about different family members and how they can help their families at home. I hope that they will put what they learnt into practice and be extra helpful around the house

this week.



## **LIBRARY**

Grade 4-6: 17 April 2019

Grade 2-3: 23 April 2019

## **IMPORTANT DATES**

Term 2	03/04 – 13/06 Learners
School photos for website	16 April – postponed from Term 1 (Please make sure that your child is dressed appropriately in the correct school uniform)
Professional School Video	24 April – postponed from Term 1
Election Day (Public Holiday)	08 May
Art Auction & cheese and wine	31 May – An event not to be missed!
Public holiday	19 April – Good Friday
Public holiday	22 April – Family day

News and photos about the school camp will follow in next week's newsletter!

## **EXAMINATION DATES:**

Grade 1 – 3	03 June – 07 June
Grade 4 – 6	29 May – 07 June

## **EXTRA MURALS**

Extra murals are compulsory for all learners. Please note that all learners must participate in at least one sport once a week and one cultural activity once a week, unless they have to attend extra lessons. Extra lessons take precedence over other activities. Extra murals will start on Monday 15 April. An extra mural list has been sent out.



## **STAR OF THE WEEK**

We will start choosing our stars from next week

## **Happy Birthday!**

A very Happy birthday to the following learners who celebrated their birthdays this week

8 April	Sarah Hart	Gr 3
12 April	Cohen Hendricks	Gr 5



## **BRAINTEASER:**

**Brain teaser answer: #10 – Your breath**

### **Brainteaser: #11**

If you have me, you want to share me. If you share me, you haven't got me. What am I?

### **AFTERCARE WEEKLY MENU – Week 2**

<b>MONDAY</b>	Chicken and Veggie Stew with Rice
<b>TUESDAY</b>	Meatballs and rice with sweet pumpkin and gravy
<b>WEDNESDAY</b>	Fish fingers, mash and salad, Treat: jelly and custard/soup
<b>THURSDAY</b>	Shepherd's pie with veggies and rice
<b>FRIDAY</b>	Pizza and Chips

### **FROM THE OFFICE:**

1. Any payments parents wish to make must be done between 08h00 and 16h00.
2. Parents may buy uniforms after school only.
3. All uniform stock has arrived.
4. The office will no longer be delivering left lunch, homework, projects etc.
5. Parents please direct any school related queries to the teacher via the message book or email:

Gr 000 – 00

Gr R

Gr 1

Gr 2

Gr 3

Gr 4

Gr 5

Gr 6

Principal

Office – Mrs. Lee van Rensburg

Office – Ms. Kaylee McCormick

Finance

### **PRESCHOOLERS GROOO – GR R**

Planning for the week 15 - 19 April

#### **Theme for the week:**

Fire

#### **PLEASE SEND THE FOLLOWING:**

- Message Books daily ☺

#### **PLEASE REMEMBER:**

- A change of clothing every day
- A healthy snack + Water/Juice
- No fizzy cooldrinks or sweets

#### **WHAT WE WILL LEARN THIS WEEK:**

-Phonics: letter Hh

-Number :7 and forming patterns and sequences

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6. If your child is going to be absent, you need to notify the school via email.
7. Please send all money for school, in a marked envelope, via the message book or your child who will give it to their register teacher.

### **Message from our Principal – Mr Swart – adapted from the article supplied by Mr Vosloo.**

Every child/teenager and adult at some point or another, struggles to figure out who they truly are. Often when they define themselves they focus on their negative aspects or on how they compare to other people.

Help your child define him/herself by looking at the following points:

- Define yourself in positive ways. What are you good at? What is positive in your life?
- Never ever forget that no one but you can define and decide who you really are.
- We all make mistakes and do things we regret, and this is as much a part of you as the positive, but do not define you.
- Do not let other people rule your identity. This identity comes from within, from the core values that you have identified as being important to your identity.
- Negative experiences teach us important lessons.
- Be honest with yourself, but never too critical. This means do not say to yourself: "I'm ugly," or "I'm stupid." NO negative self-talk.
- Do not compare yourself to others, you are UNIQUE!
- Do not put yourself in a box or allow others to put you in one...be your own true and positive person.

As promised in the last newsletter, above are a number of points to keep in mind when working on achieving and maintaining a state of positive emotional self-care, which in turn leads to positive mental health. We cannot overstate the importance of making sure that we all are emotionally healthy and that we are all able to stand our ground, honour ourselves and remain unscathed by the events that are taking place in and around us. Everything happens so rapidly. We are all living in the moment. There is no time to go back and repair something that we have damaged, no time to rewind and redo. In actual fact, we only realize much later that there was damage done, and then we are having to deal with so many other things that it all becomes overwhelming. It is this feeling of overwhelm that leads to feelings of inadequacy, anxiety, panic and eventual paralysis.

The greatest gift you can give yourself and your loved ones is to ensure a state of positive emotional and mental health.

#### **Reminders and notes:**

- Do not double-park in the street to drop off or collect your child as this is causing much frustration for the motorists trying to get passed you. Besides all of the frustration it is causing it is posing a severe risk for our children.
- **Do not park in the teachers parking area or on NO PARKING spots.**
- Please add us on Instagram – search for riversidecollege\_cpt
- If you haven't already, check out our Facebook and give it a like – search for –'Riverside College' and stay up to date with all activities.

Enjoy your weekend,  
Primary School Staff